





U.S. Fish & Wildlife Service

National Conservation Training Center

Training Announcement



Smart Ways to Avoid Burning Out in Stressful Times

You wear many hats in your job and juggle many demands. You're also affected by change and what happens around you—at home, at work, in your community, and in the world at large. Whether or not you view a change as positive or negative, it adds another layer of stress to your already busy day-to-day life making you feel even more overloaded. And studies show that stress can lead directly to burnout. Before you know it, obvious as well as often overlooked stressors can wear you down until you're close to burning out. The best way to address burnout before it happens is to gain a better awareness of your day-to-day stressors and addressing them head-on. Your personal attention to self-care can be modeled for others and brought deliberately into the workplace and work relationships to reduce stress.

In this webinar, you'll learn how to:

- Identify stressors and your reactions to them
- Better recognize the signs of burnout
- Adopt personal habits to fortify yourself against stress and maintain your passion for your organization's mission
- Shift your organization's culture away from burnout inducing practices



Presenter: Aliza Sherman

Web pioneer and author Aliza Sherman will provide concrete tips and techniques for staving off burnout. She and her co-author, Beth Kanter, put together a guide for individuals, as well as organizations, to engage in the antidote to stress: Strategic Self-Care. Their book, *The Happy, Healthy Nonprofit: Strategies for Impact Without Burnout*, compiles the research behind stress, burnout, and the benefits of self-care.

In addition to being a champion of self-care, Aliza is also an advocate for tech wellness, a topic she'll address in the webinar. When not working as a digital marketing consultant, she writes books—including *Social Media Engagement for Dummies* and *Mom, Incorporated*—and does a little yoga now and then.

Date & Time

Wednesday, March 29, 2017 5:00 p.m. – 6:00 p.m. ET

Who Should Attend

Friends Board of Directors members and committee members.

To Register

Registration is required.
Go to http://training.fws.gov/topic/online-training/webinars/index.html and click the Webinar Schedule link. Locate the webinar and click the Register button.

Need Assistance?

Captioning for this webinar is provided by the Federal Relay Conference Captioning service. To view the captioning for this event, access the following link http://www.fedrcc.us/ and use the Event ID # 3182780.

Contact

Amanda Cucchi Training Technician 304.876.7442 Amanda Cucchi@fws.gov

Linda Lufkin Course Leader 304.876.7484 Linda Lufkin@fws.gov

To View Recording

The webinar will be recorded and available approximately three weeks after broadcast in the National Conservation Training (NCTC) Webinar Gallery at https://training.fws.gov/topic/online-training/webinars/index.html. Look for FWS Friends under Webinar Topics.

